

Eating Guidelines for IBS

Reduce inflammatory foods (look up FOODMAPS foods to avoid, on the internet)

- NO or low sugar; NO fruit juice, soda, baked goods, sweets.
- 1 piece of fruit/day is okay but
- NO apples, mangos, cherries, cauliflower, beans, lentils as they contain hard to digest molecules that can trigger IBS
- Some fruits you can eat are; bananas, blueberries, grapes, kiwi, oranges, and pineapple
- Best vegetables to eat are; carrots, celery, eggplant, green beans, kale, pumpkin, spinach, and potato
- Firm and medium tofu is fine
- Good seed snacks; pumpkin seeds, sesame seeds, and sunflower seeds
- Low honey use is okay
- NO artificial sweeteners
- Stevia is okay for most people but some are sensitive to it. If you are one of those then avoid it.
- Lemon Juice is fine any time
- No alcohol (beer, wine, liquor) all trigger IBS
- NO potato chips, cheese puffs, or processed snack foods
- Small portions of broccoli and asparagus, don't over eat these foods in one meal.
- No Frozen premade meals or foods as they are high in salt and sugar.
- No Wheat or Rye (Gluten-FREE). Avoid all regular wheat flour bread, gravy and pasta
- Quinoa, barley, buckwheat, oats, coconut flour, almond flour are usually okay
- NO Dairy
- Eat lots of veggies; soluble fiber from beans and veggies is best, avoid bran and grain fiber
- Red meat 2-3 x week maximum but
- NO sausage or lunchmeats
- Poultry is okay, at least choose organic. If you can choose, Organic, Free-Range, non-GMO
- No caffeine or decaf products
- Naturally occurring caffeine-free products are fine like Rubois or Red Tea, most herbal teas
- No corn or soy
- Eat plenty of wild caught medium sized fish (wild caught salmon/trout/flounder/snapper/snakehead are best)
- Shellfish is also okay but not more than 2 x week.
- Avoid all deep-fried foods as much as possible
- No soy oil, corn oil, vegetable oil, canola oil, rapeseed oil, peanut oil, or Crisco shortening
- Olive oil, Avocado oil, Grape seed oil, cold-pressed Flax Seed oil, butter and Coconut oil are OKAY to use and eat. Avocado, Grape seed (*NOT RAPESEED*) and coconut oils are the best to fry or cook with as they can handle the heat better than Olive or Flax seed oils.
- Drink water daily. Half gallon, 64 oz. (four, 16 oz. bottles) to 3 quarts, 96 oz. (six, 16 oz. bottles) per day. Try to finish by 7 pm
- **Eat as many different types of green veggies as you can every day**

YOU can eat anything you want as outlined here, this is not a daily recipe diet guide. Be creative and change things up don't eat the same vegetable and meat all the time. Eat 2 or 3 kinds of vegetables one week then change it up and switch one or two of those for a new vegetable the next week. Do the same with meats; more poultry one week with some fish, no red meat. The next week add red meat, less poultry and some fish. And have a "light week" fish and veggies no

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heavy meats at all. Rotate these menus. Notice there are no starches on this diet and no sugar or fruit until the inflammation is gone.

Your own hand is your personalized measuring cup. Use the palm to figure out what a serving looks like for your body.

- 1 palmful(not fingers) is a serving of protein
 - 1 ½ palmfuls of greens is a serving of veggies
 - ½ palmful of starch is your meal serving for simple carbs
- I. Use a whole-house water filter to purify water for washing clothes, showering and cooking/drinking if possible, if not use one on the shower head and one each of all your drinking faucets.
 - II. Read the booklet, *"BE HEALTHY NOW" from Dr. D. cost \$5*